UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeeper's Chat Not For Publication Monday, August 25,1930

Subject: "Ice Creams Frozen Without Stirring". Program based on leaflet of same title. Menu from the Bureau of Home Economics, U. S. D. A.
Bulletins available: "Ice Creams Frozen Without Stirring"; "Cooking Beef According to the Cut."

--ooOoo--

"When people talk about the marvels of this age we live in," said Uncle Ebenezer the other evening, just after dinner, "why don't they ever include the commonness of ice cream? Now when I was a boy",--Well, you know how a man can go on, sentimentalizing over his boyhood. Especially on the subject of ice cream, and what a treat it used to be.

Of course you know what put ideas about ice cream into Uncle Ebenezer's head. We had an exceptionally good dinner, to my way of thinking. Broiled Steak, Fried Okra, Mashed Potatoes, Lettuce with tart French dressing, and an Ice Cream Sandwich made with peach mousse. Do you wonder Uncle Ebenezer finished in a sentimental mood?

Everybody knows, or thinks she knows, how to broil a steak. Nevertheless, it doesn't do any harm to glance into the beef leaflet, if you have one, and see what my friend Miss Lucy Alexander has to say about this method of cooking meat. If you haven't a copy of the beef leaflet, send me your name and address and I'll see that your copy goes out at once.

Okra is one of the southern vegetables which has suddenly found its way all over the United States. As a result, some people are not quite sure how to cook it. So I asked the Recipe Lady for her way, and this is what she said;

Select two quarts of young okra. Wash it well, cut it crosswise in pieces about half an inch thick. Heat four tablespoons of good cooking fat in a heavy skillet, add the okra, cover, and cook for ten minutes. Stir frequently to prevent burning. Remove the cover, continue to cook until the okra is tender and lightly brown, season to taste, and serve at once.

For the ice cream sandwich I baked a sponge cake in a pan just twice the size of the fray in my electric refrigerator. Before I found a pan like that I had to trim my cake layers to suit my block of ice cream. Now I simply cut the sponge cake in half, put one piece on a platter, slip the ice cream out of its mold on top of the cake, and add the second portion of the cake.

The recipe for peach mousse is in the leaflet, "Ice Creams Frozen without Stirring," but in case you haven't received one yet, I will read it now.

The ingredients for Peach Mousse are:

1 cup double cream
1 cup peach pulp
5 tablespoons sugar
2 egg whites
1/16 teaspoon salt

Again the five ingredients for Peach Mousse are: Repeat.

Whip the cream. Peel and slice ripe peaches, and rub enough through a coarse strainer to make 1 cup of pulp. Add the sugar, and fold quickly into the cream before the peaches discolor. Add the egg whites, which have been beaten with the salt, pour into a tray or mold, and freeze. If desired fresh apricot or plum pulp may be substituted for the peach.

Packing a mold in ice and salt is a little more trouble than slipping a tray into a mechanical refrigerator. I would use 3 parts of crushed ice to 1 of salt, and plan to leave the mold in the freezing bucket for about four hours.

It's best not to use a mold that's very thick in shape. For an ice cream sandwich I'd keep on hand one of the flat cracker tin boxes, with a tight-fitting lid. For any other way of serving the mousse, large baking powder cans are fine.

The important part about packing a mold in ice and salt, is to seal the opening. Melt some paraffin, dip a strip of muslin in it, and bind it tightly around the edge of the lid so the salty water cannot leak in.

Perhaps I should have pointed out, before I gave you the recipe for peach mousse, that these ice creams, which are frozen without stirring, must be made with a good deal of heavy cream. Heavy cream is expensive, though, and if used alone is too rich. So the Bureau of Home Economics has developed a number of recipes, in which the rich cream is diluted, by the addition of other materials, such as evaporated milk and thin cream. Rich milk, if used, is thickened somewhat with gelatin, eggs, or flour.

In the recipe for peach mousse, therefore, you will notice that two egg whites are included. These help to make the mousse light and fluffy. They increase its volume, reduce its richness, and improve the texture. There are so many variations of plain mousse that can be made by changing the flavor or the thickeners, that the family will not grow tired of these desserts. At least, mine doesn't.

Shall I repeat the dinner menu? Broiled Steak, Fried Okra, Mashed Potatoes, Lettuce with tart French dressing, and Ice cream Sandwich with Peach Mousse.

\- - -

I have a question to answer from a listener who heard me talk recently on children's allowances. I think it will interest you. She says:

"You were talking about children and their money, and said there were some kinds of tasks you believed in paying for. Isn't that somewhat inconsistent?"

No, I don't think so. What I said was that I believed in training a child in the use of money by giving him a small allowance and teaching him to spend it. At the same time I would always expect children to cooperate in necessary household duties, without connecting them in any way with the spending allowance.

In addtion, I consider that a child, as he grows older and more capable, might be allowed to earn some extra money from time to time, by undertaking certain jobs that are a little outside the ordinary routine of dairy work.

Do I make myself clear? I was thinking of such tasks as waxing floors, painting, window washing, silver cleaning, mowing the lawn, cleaning the cellar,- or such sewing as making draperies or slip covers.

The sense of drudgery in home tasks often arises from requiring children to do, in their free time, some of these things which, to them, seem unimportant. If the children could be paid a little for doing it, they would be more interested and rightly so. Pay may be arranged by the hour, or by the job, and should be enough to give the child a fair return for the use of his play hours.

In homes where this arrangement doesn't seem feasible, then these duties are necessarily shared, like any others, and accomplished by family teamwork. But an extra hard duty is helped by affectionate appreciation, and a tangible reward when possible is usually deserved.

\- - -

Tuesday: "Keeping Floors in Order".